SOUL AWARENESS DISCOURSES

Introduction Into Light

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John-Roger

From the Teachings of the Spiritual Heart

SOUL AWARENESS DISCOURSES

The teachings of Soul transcendence
as offered through
The Church of the Movement
of Spiritual Inner Awareness®

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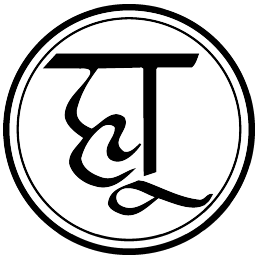
SOUL AWARENESS DISCOURSES



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AS you begin receiving MSIA Soul Awareness Discourses, you are entering your own movement of spiritual inner awareness more directly and more consciously. The information presented in the MSIA Soul Awareness Discourses is valuable on the physical level, and is of even greater value on the spiritual level. The information in the discourses is part of universal truth, and there are many sources of universal truth that bring forward similar thoughts and techniques. Hence, the ideas and concepts that you read in the discourses may not seem new or unique to you.

What does make MSIA unique is the consciousness of the Mystical Traveler, which has the ability to reach into each individual receiving the discourses and to transform the discourse material from information to experience. Through receiving and studying the discourses, you can establish a direct contact between your consciousness and the consciousness of the Mystical Traveler. This is one great value of the MSIA Soul Awareness Discourses. Each time you read a discourse and focus your attention into that expression, you open the channel to the Mystical Traveler, allowing it to work with you on

many levels—always for your highest good. You are giving yourself a great opportunity for spiritual unfoldment and progression. As you ask and as you allow it, the Mystical Traveler Consciousness works with you in many areas of your spiritual growth. You can bring your life patterns and expressions into greater balance, experience more joy and happiness than ever before, balance and release past actions both on this level and on other, more subtle levels, and lift your consciousness from the lower worlds of materiality into the higher realms of spiritual reality—all within the protection of divine grace.

As you look to the Traveler as your spiritual teacher, the Traveler assumes responsibility for your spiritual growth and extends guidance and protection to you. The Traveler will assist you in your spiritual development and in balancing your past actions. The Traveler consciousness will be with you spiritually as long as you ask and allow it to work with you and as long as you follow the teachings as presented through MSIA.

Personal Study

The Traveler is responsible only for the spiritual growth of the one directly receiving the discourses. If you allow the discourses you receive to be read by another person, the Traveler Consciousness has no responsibility for that person. You automatically assume the responsibility for their spiritual growth and for handling anything they may release. This information is presented to clearly state the responsibilities of the Mystical Traveler so that you may act in awareness and knowledge of the action of the discourses. The Traveler's responsibility is only for the person directly receiving the discourses.

Reading Your Discourses

If you are to progress spiritually, it is important for you to take time from your daily activities for yourself. The time you take to read the discourses is part of your time to work with yourself and the consciousness of the Traveler, which then extends to you the protection of divine grace, as well as assistance and direction in establishing yourself on the Soul realm (if that is your intention).

Reading the discourses holds your conscious mind steady and allows the Traveler to work with you more closely than is possible when you are focused on your physical, material concerns. The discourses are the visible anchor for the greater spiritual work, which is invisible and which you will identify as you feel your consciousness grow, lift, and expand into a greater awareness of the Spirit within. The information presented in the discourses will work for you on the physical level, and, as you open to receive more of the assistance offered to you by the Traveler, you will find that the information works through all levels of your consciousness.

It is important to take time for yourself each day—time to focus into your spiritual awareness, time to drop the physical concerns of the day and once again become aware that you are spiritual, that you are divine, that you are, through your Soul, an extension of the supreme God. These quiet times with yourself, these times for communication between you and your God within, are important to your spiritual growth. Reading the discourses is one way to attune yourself to Spirit. Another way taught in MSIA is spiritual exercises.

Spiritual Exercises

One of the primary spiritual exercises taught in MSIA is the tone of HU, which is an ancient name for the supreme God. This is a tone that originates within the positive realms of pure Spirit. Chanting it will lift your consciousness into the higher realms.

There are several possible ways to chant the HU. One is to chant it as one syllable (pronounced hue). Another is to separate it into its letters, H and U. If you are chanting aloud, you may take in a deep breath and then, as you breathe out, chant it either as one syllable or as "H…U…." If you are chanting silently, you can chant it as one syllable as you breathe out. You might also chant the H as you breathe in and the U as you breathe out.

We suggest that, as you begin, you chant the tone between fifteen and thirty minutes a day, although even a few moments of chanting the tone can be noticeably helpful and uplifting. You can gradually build up the time you chant, eventually doing spiritual exercises for two hours in one sitting. It can be helpful to chant for fifteen minutes and listen for fifteen minutes, alternating chanting and

listening for the period of time you do your spiritual exercises.

Be careful not to chant any of the spiritual tones while working around machinery or driving a vehicle. These tones are powerful, and they will tend to pull the awareness away from the physical and into the spiritual. It is unwise to practice these tones in any situation where you need your conscious attention and focus.

Initiation

Initiation in MSIA involves connecting you to the Sound Current of God. The Sound Current is the audible energy that flows from the heart of God throughout all creation. By chanting the HU, you may partially experience the Sound Current. Initiation allows you to have a more direct and powerful experience of the Sound Current. Connection to the Sound Current means that you are returning to the heart of God on this stream of energy. Since the Sound Current flows throughout all creation, there are many aspects of it. Initiation connects you to a tone that is specific for you.

Because of the nature of spiritual progression, there are a number of successive initiations. When you first come into the Light action of MSIA, you receive the first initiation (a Light initiation) on the astral realm during the dream state. Some people remember this experience; others don't. If you choose to continue your study in MSIA through reading the Soul Awareness Discourses and if you decide to study toward initiation and notify the Traveler of your intention, you will generally be ready for your second initiation after about two years of study.

You may wish to read the discourses for information only, but if you do wish to study toward initiation and to enter sincerely onto the upper spiritual path of unfoldment as taught by the Mystical Traveler Consciousness, please write to the Traveler by emailing initiations@msia.org *and specifically state your intent to study toward initiation*. If you do decide to study toward initiation, you may notice many changes in your consciousness as the Traveler Consciousness begins placing an initiation energy into its work with you, clearing and balancing past actions on the physical and astral levels and preparing you for your initiation into the higher levels.

After notifying the Traveler of your intention to study toward initiation and, thereafter, studying the discourses for a minimum of twenty-four months, you may usually apply for initiation after reading Discourse 24. (If you apply for initiation before you are reading Discourse 24, your request will very probably not be looked into until you are reading Discourse 24.) At the time of initiation, an initiator, who is working directly with the Traveler Consciousness to do the initiation, will meet with you physically and give you a spiritual tone that will attune you to higher spiritual energies. If you remain a student in MSIA, following the path of the Mystical Traveler Consciousness, you may receive further initiations, which can move your consciousness step by step through the lower realms and establish you in your awareness of Soul consciousness.

It is with great joy and great love that the Traveler welcomes you as a worker in Light and extends love and protection to you as you allow that consciousness to show you the way into the consciousness of your Soul's perfection.

The Traveler's love is always with you.

THE work of the Movement of Spiritual Inner Awareness is to give all people the freedom of their own expression and the awareness, recognition, and knowledge of the Fatherhood of God and the brotherhood of all human beings. There are many ways to attain this goal. There are over five billion people on the planet, and there are at least that many approaches. There is the way that works for you and the way that doesn't. You have to learn to discriminate between what works for you and what might work for somebody else.

Many people are hung up on religious doctrine. We are not here to interpret scriptures for you. We're here to bring an action of

Light, which isn't theory. It's theoretical only in the sense that you can't test it by any known scientific methodology. You'll know it inside, however, and what the Light does for you will be your scientific barometer. The Light does for you what you may not be smart enough to do for yourself. You might say, "Lord, show me the way"; along comes the Light and shows you the way, and you may respond, "No, not that." You wanted something else. If you want something else, don't ask the Light to assist you. Do it yourself, and maybe you will be happy with it.

I don't believe in the devil as a person. I believe that people do some pretty devilish things at times, and I also believe that they do them without realizing that there might be a better way. I don't see negativity as many people see it. You may talk about various things that are happening and say, "That's bad. That person did a bad thing." I say, "Talk to that person." You talk to them and say, "Tell me what you did and why." The person will give you their point of view, and you may very well say, "I never looked at it that way. I just looked at it my way." You may often judge other people without knowing what's happening inside them.

Within spiritual consciousness, it is necessary to accept. One of the first laws of Spirit is acceptance. If you cannot accept others, you may have difficulty being accepted, and that which you give is that which you receive. If you give nothing, you may get very little in return.

You have incarnated (or embodied) onto this planet because the physical body provides an efficient means of communication—when you learn to use it. Living in the body also provides an efficient means of learning through physical experiences. On many of the inner planes, the lessons are neither as easy to learn nor as fast.

When we talk about the inner planes, we mean the invisible realms. The physical things are material, and they don't last. The invisible things are the spiritual things, and they last forever. *You* have to decide where to put your consciousness. This does not necessarily mean that you give up anything of the material, because people are to have joy and to have it more abundantly than ever, and you can have joy with the material things.

Strive to keep yourself balanced physically, emotionally, mentally, and spiritually. If you get out of balance in any one direction, you

are not fulfilling your destiny on the planet. You're not learning what you are here to learn or doing what you are here to do. Everyone comes into the world with a great expectation within a level of consciousness—not necessarily the conscious level, although possibly the level of the subconscious or the level of the high self, which functions as a guardian or an overseer of your life patterns.

As you grow up, you often accept what people tell you. People suggest things to you, and you become a suggestible animal. You go to school or into religious institutions, for example, and people may tell you that you will go to hell if you don't do certain things. You believe them, so you do what they say. Then you may become involved with another religious group; those people do the very things that the first group of people was told not to do. You talk to this second group of people and find out that, in their opinion, they're not going to hell, but some other group of people is going to hell because they aren't doing things the right way. Then you go to a third religious group, and soon you may become confused. In our society now, we see the confusions being manifested. Somebody says, "Try this. This works." Others say, "This *really* works." So

you go about sampling life, trying to find out what works for you.

The only way back into the Soul realm is through the Spirit. There is no other way because that realm is pure Spirit. You don't go there physically. You can only go there spiritually, and you are all, every one of you, spiritual beings. You each have a spark of the divine Creator inside you. We can extend that idea further and say, "Ye are gods." You are not the supreme God, but within your levels of creation, you are a god. You are here learning to be a responsible creator. You create turmoil, happiness, indebtedness, and abundance.

Some people are not too careful in their creating, and they create much dissension in their consciousness. They are held responsible for their actions. Who holds you responsible? Your true self within holds you responsible for all your actions, whether you like it or not. You may say, "Oh, dear Lord, why am I having all this trouble? Four years ago things were going beautifully. I was successfully putting one over on the world. Now, it has all come back, and everybody is taking me for everything. Everything has gone haywire." Of course, the challenge at that point is, can you take it?

One thing you can do—these things are simple to say but difficult to do—is cooperate with what's going on. Just cooperate. The first person you must cooperate with is yourself. If you are irritated and full of turmoil, you may try to find somebody to blame for this irritation because you are not being responsible enough to control and balance it. You immediately shift it onto the one nearest you, and that person will probably be the one you love the most. They may wonder, "How could you love me if you are treating me this way?" The answer probably is, "I'm doing this to you because you're the closest one around. An enemy would knock me flat, and my mother and father won't pay any attention, but you're captive and I'm really going to let you have it." When this happens to you, you get a chance to find out if you're going to act or react. If you react when someone yells at you, you will probably yell back—but a little louder.

In every situation you have two choices: to do or not to do. If you don't do anything, you are not going to be held responsible for the action at that particular point. If you do something, then you have two more choices: you can either act or react. You can make almost anything react: just prick it with a needle. If

you put a worm by a fire, it will react. If *you* react, you are held responsible for the reactions, which return to you.

To act means to direct yourself, and this is a challenge. When you act, you bring yourself under conscious control and direct your action. If someone calls you a fool, you may answer, "You called me a fool; you may be right." The other person can't do too much more now. Or you might say, "Would you mind giving me the definition of a fool? I'm not sure if I qualify yet." But if you say, "Who are you calling a fool?" you have reacted to their taunt. As soon as you react, you lose.

One of the biggest things that you will have to work with is impetuosity, acting without thinking. We often wonder how someone has come this far in life with one foot in their mouth. People often impetuously say and do things without watching their actions or reactions.

If you're going to grow spiritually, you have to be careful what you put in motion. You may have difficulty progressing if you start spreading yourself too thin. Many people tend to get involved in too many actions. For example, you start reading four books concurrently, one in the den, one in the bedroom, one in the

front room, one in the office. Then you wonder why you are tired and frustrated and why you don't seem to get much out of the books. You play cards on Monday, go to a seminar on Tuesday, and attend a committee meeting on Wednesday. You're out dancing on Thursday and bowling on Friday. On Saturday you play golf and mow the lawn, and on Sunday you go to church. By Monday you don't know what you are going to do. You start spreading yourself too thin, trying to cover too much.

The people who become masters of their lives, who learn what mastership is, take an area that is of interest to them and in which they feel they can succeed to some degree, and they direct their energy into that area. They concentrate on that area, and they direct their action, making sure it is held within an area they can control. They assume responsibility for their actions.

This reminds me of a sign I once saw: "What if they gave a war and no one came?" Can you imagine what would happen if everybody consciously controlled themselves and watched what they said and did, realizing that on this planet they are going to make mistakes, even if they are careful, because this physical realm is the classroom of the universe?

More than any other realm of Spirit, the physical realm presents to you the opportunities to learn, to overcome, to progress, and to grow. The lessons are continuously being presented to you, and you haven't learned them all yet. When you do, you will be gone.

There have been great gains made intellectually on this planet, but they have not matched spiritual gains. As you begin to progress spiritually, to acquire spiritual knowledge, and to direct it into the positive areas, you can, within a certain framework, have an awareness of the spiritual realms. You can have an awareness of God.

Let me explain the spiritual realms of Light. First, there are the lower realms. The astral realm is right next to the physical one, and it closely surrounds us as a vibratory rate. After that there are the causal, mental, and etheric realms. At the top of the etheric realm, there is a grand dividing line. We call everything below this dividing line the psychic worlds or the negative worlds—not negative meaning bad, but negative like one pole on a battery. A battery has both a positive and a negative pole; together, they create a balanced whole. Above this dividing line is the next realm, the Soul realm. This realm is the first

area of pure Spirit. You reach the Soul realm through Soul transcendence.

The Movement of Spiritual Inner Awareness is geared to raise the vibratory rate of the body so high that you can sense these other realms. When you become familiar with what these realms are, you may then shift your consciousness and travel into them. Almost everybody travels in the astral body at night while they are asleep, but very few people can consciously travel in the Soul.

I think that everyone would like to bring back conscious awareness of where they have been and what they have been doing on the other levels of consciousness. This can be done. First, you learn who you are, and when you learn who the real self is, the false images rapidly fall away. The person you thought you were, the religion you thought you were, and the philosophy you thought you were—these may all fall away. You may discover that all the philosophies to which you've been adhering just don't work, but you may be afraid to throw them away because you don't know what will take their place. When you get rid of the things that don't work for you, you will find the true self.

The true self doesn't have anger, jealousy, greed, or lust. It doesn't need them. The false self has them, needs them, and fights for dear life to hang on to them. If you could just once see within the true self, if you could get that image in your consciousness just once, for a fraction of a second, you could go for the rest of your life using that as an inner guiding light.

It is possible to be in conscious contact with that inner self at any moment you desire. How will you know when you've reached it? Almost instantly, things will become clear. You'll start seeing trees as you've never seen them before. You'll start seeing beauty where you never thought there was beauty. Not only this, but knowledge will also start coming through to you, a greater awareness that can be stepped up to clairvoyance, which is clear vision, or clairaudience, which is clear hearing. You can have telepathic ability. You and another may start talking about the same thing "right out of the clear blue sky." Or you may want to talk to someone and, in a very short time, that person will call you. There are many other psychic abilities that you may develop, but these abilities may not be able to come to you until you have cleared your consciousness of the false

images and the illusions of this world, until you have learned to differentiate between the true self and the false self.

Part of the Traveler's work in the Movement comes from the ability the Traveler consciousness has to attune to people individually and help them get above false images. There are many illusions in the physical world; there are many illusions in all the negative realms. It is only when you reach the Soul realm, when you move into Soul consciousness, that you lift beyond the illusions and the false images. The Mystical Traveler has been through the lower realms of negativity, and has also traveled through the higher realms of positive Spirit. By consciously experiencing Soul consciousness, the Traveler has become aware of those things that are illusion and those that are reality. Many of the teachings of MSIA show you where the areas of illusion are and how to handle them, and they show you the areas of personality that are the false self and the ways to lift into the expression of the true self.

Having developed the ability to reach beyond the lower worlds, the Traveler can show you the way. As you are able to drop the illusions and move past the false images into the positive consciousness of the true

self, the Traveler consciousness is able to work even more closely with you to establish you in Soul consciousness, into the positive realms of Light.

Once you are established in Soul consciousness, you do not need to return to the worlds of negativity. You can establish yourself in Soul consciousness during this lifetime. You can consciously travel in the Soul realm while you are living in this world. You exist on all levels of consciousness *right now*. All you have to do is expand your awareness to encompass all levels. You exist within Soul consciousness right now. The Traveler's work with you is to show you how to expand your awareness so that you are there in consciousness as completely as you are here in consciousness.

We all come from the supreme realm of Light, the Soul realm, and we are all seeking to return to that supreme realm. Analogous to this is the man who lived in a town in Spain one hundred years ago. When he was very young, he was abducted by gypsies. Before he was abducted, however, he had heard the sound of the bell in the chapel tower. This sound stayed with him, and in every town he came to, he would listen for the ringing of the bell. One day after many, many years of

searching and wandering, he walked into his town and heard the bell. He recognized it, and he knew he had come home.

That's much the way we are with Spirit. When you finally reach into Spirit and hear that tone that is your Soul recognition, you'll know it. In the meantime, you can't just sit and wait for that bell, that Light, to come to you. You have to go where the Light is, deep within you. Some people ask, "Do you go into your lungs or your heart or your stomach, or do you go back to the exact center of the brain?" It may be all those places. Know that you can weave your way through your levels of consciousness, like following a map, until you find that divine spark within you. You can breathe Spirit into that spark and have that glow light up inside you.

The supreme God has said (by inference) that not one Soul will be lost on the earth plane. Not one. Everyone will ultimately return to the supreme state of consciousness. If it takes you forty million trillion years, that's okay, but there are ways to move into this consciousness, to know what it is, and to arrive there in this lifetime. You learn to step out of the body into the other realms, into the Soul realm.

Soul transcendence is actually what we call rehearsal for death. People go to the hillsides of India and sit with one of the master teachers for twenty or thirty years to learn this process. In Western society, however, we don't have twenty or thirty years. We want it tomorrow. We really want it yesterday, but we'll settle for it right now—which is actually the only thing that exists in our consciousness as a sum total of our reality.

All spiritual action is accomplished with the guidance and help of the Holy Spirit, or the Light. The Light is your life support. The Light is in everyone, but it is at such a level that you are unaware of it until you start focusing inwardly on what it is. For instance, your heart has been beating for all these years, yet you rarely pay any attention to it. If you focus your attention on the heart, however, soon you can be aware of warmth there, and you can create increased circulation through your body.

You can also focus your attention on the Light and the Holy Spirit and send it through all levels of your consciousness. You can ask to be surrounded, protected, and filled with the Light of the Holy Spirit, and it will come into you. We suggest that you *always* use the Light

only for the highest good of all concerned and that you *always* place God's will above your own so that what you receive will be right and proper for you. The Holy Spirit knows what is right and proper for you better than you may know yourself. You need only ask for the Light *for the highest good*. You do not need to ask for anything specific. The Light will give you what you need and will do many things for you.

The Light is very powerful. It can manifest to you in many ways. It may go through you like the tingling of an electric shock, or it may feel like pressure all over. It can feel like a cold wind or like extreme joy. One person said, "You mean to say that this tremendous heat I feel could be the Spirit?" Yes, it certainly could be. You can feel the Spirit in many ways. Many people think it's just their vivid imaginations. The difference between an imaginative quality and the Light is that you can imagine all day long and not have a Light experience take place, but when the Light starts coming to you as a physical reality, it can shake your mind so that you wonder, "Who am I?"

Can we intellectualize the Light? Partly. Intellectually, we can make some good guesses about what it is. It works in many ways, and we can talk about what it does. I've been

working with the Light for a long time, but I still cannot even begin to tell you all the ways it may help you individually or how it may manifest to you. People work the Light and say, "Nothing happened to me; I just feel very happy." I say, "What did you want to feel, very depressed? Did you want to get sick so you would know that something was there? Or did you want to be taken up into the high spiritual realms to see what beauty really is, for just a fraction of a second, and then be plunked right back here on Earth for the rest of your life with no ability to look there again? Did you want to become a religious fanatic?"

Many people start demanding a great deal of the Light. They think of God as the great "bellhop in the sky." They say, "Give me this and give me that. Put this here and put that there, the car here, the house there—and a fat bank account." That is ordering and demanding. You want the Light, so you let your personality get in the way and say, "I want the Light, and I want it right here and now."

When you really want something, you usually go where that something can be found. People say to me, "I need such and such very badly. Will the Light get it for me?" I suggest that they first use their own abilities to get

to what they want. If that doesn't work, then place it in the Light. First, however, use your own ability, use your common sense, use your mind. That is your first big key: use these things. God didn't give you a brain, a mind, an intellect, and wisdom so that you could ask the Light to do everything for you.

The mind is the window of the Soul. It helps the Soul determine what's going on in the environment. The mind is a fantastic power source, so fantastic that I don't even know a word to describe it.

When someone asks what the Light is, I am reminded of a teacher saying, "Don't define a word by using the same word." I still have to say, however, that the Light is the Light. The Light is everywhere, in everything, at all times, and in all places. You can, through your inner awareness, tune to the great Light that is without, and by tuning into the big "dynamo," you can direct that great power into your consciousness, your own Light force, and generate it even more.

If the Light is everywhere and if it's in everything, at all times and in all places, then you are really Light. You can think of the Light as the hub of a wheel and of all humanity as the rim of the wheel. As you see that the

spokes connect the hub of the wheel to every point on the rim, you realize that each of us is really a part of the same Light.

As you think about the Light and tune into it more, your consciousness opens, and you start pulling it toward you. The Light may come in as a car, a house, opportunity, greater health, or greater happiness.

The Light may also come in as a negative feeling because sometimes you become complacent: "This is it. Don't rock the boat. Keep the status quo." That is a stagnant situation, and you will not grow if you remain there. The Light may disturb the comfortable and comfort the disturbed. It may come in and shake you up, so that you realize you didn't do the dishes or the laundry last night. You think, "My husband will think I'm lazy. He's right; I am. But if I get those things completed and out of the way, they won't bother him. Maybe he'll feel a little better. I think I'll get the stockings out of the bathroom; they're dry now. And I'll make the beds." The husband can have a similar experience. The Light guides you to clear out the imbalances that are around you. When you've balanced yourself, you will go into the next realm because you will have learned all the lessons. Remember, the earth is a classroom.

If you look upon your life as a ladder and that ladder as the Light, then every time you go up a rung on the ladder, there has to be another rung to reach toward. Those rungs of the ladder are your experiences and your problems. Every time you have something to overcome, you become better because of it and you gain knowledge from it. You elevate your consciousness into the next realm. These experiences are not stumbling blocks; they are stepping-stones.

God has never given you anything you cannot handle, and He won't now. If you can base any of your future on past circumstances and conditions, God will never give you anything you can't handle. But if your ability to handle your experiences is 20, the Light may take you right up to 19.99.

When you start working in the Light, you may start talking about it. You may build a beautiful and explainable philosophy about the Light. Then some day, the philosophy is brought home to you, and you get a chance to see if you really knew what you were talking about. You have a week of talking about the Light, and then you get many experiences with which to work in the Light. You may start thinking, "Look at this mess I'm in" and

start building negativity around you. We are on a negative planet (not a bad planet), and it is easy to start thinking negative thoughts. When you consciously get your thinking back to the positive areas, however, you discover that everyone is trying to do the very best they can in any given situation, based upon what they know and their method of solving each situation.

A while ago, I was talking with a woman who drinks heavily. If you want to call her an alcoholic, feel free to do so. To me, she is *expressing* this type of behavior because she doesn't know how else to express herself to overcome what is bothering her. I looked at her and said, "Your problem is not the drinking. That is the manifestation of the problem."

She said, "What is it, then?"

I said, "Your problem, as you call it, is your inability to see what is going on."

The woman and I shared a great deal over a period of time, and she finally realized that if she would stop calling herself an alcoholic, she would be on her way to a better expression. She said, "Do you mean to say I can still drink and not be an alcoholic?"

I said, "Certainly. You just don't drink until you're drunk. If you want to have a glass

of wine with dinner, fine. But you stop right there because you can control yourself at any time and in any situation."

This woman was not the kind of drinker who needed to stay away completely from alcohol in order to control her drinking. But she foolishly thought she could bring in the Light and have it transmute the alcohol as she drank it. She asked, "Why can't the Light do that for me?"

I said, "Because you put the alcohol into your system, you're responsible for it. But if you honestly need some help and if you are directing yourself the right way, then turn to the Holy Spirit, which is the Light—and I mean *really turn to it*. If your attitude is "All right, come and stand in the middle of the room; I want to see if you're really there,' that's playing control games. The Light cannot and will not be controlled and manipulated. It works only for the highest good. But if you honestly ask for the Light for guidance and direction and then have the wit to follow it, you will receive all that you will ever need."

Some people try to control the Light, but the possibility of controlling the Light is about the same as the possibility of getting five billion people to say "ah" at the same time. If they all wanted to do it at the same time, however, you couldn't stop it.

Do you understand the power of the Light? There is nothing that can't be done with it, absolutely nothing. However, people are so smart in their intellect, such geniuses, so brilliant (God bless every one of them) that they immediately dismiss everything that goes on as being a figment of the imagination. They say, "It's all in your head." Where else is it going to be? The page you're reading was, at one time, a figment of the imagination. So were your house, television, and clothing. People sat down and imagined. They had fantastically fertile imaginations, and aren't we glad they did? Aren't we thankful they could visualize the car and all its movements?

The most powerful force of humans on this planet today is the imagination. Some will say that it is the sex drive. Check very carefully, though, and you will find that the thoughts involved before the action last longer than the act lasts and that the thoughts that recirculate after the action last still longer—and these are the driving factors. Now it will be fun when people say, "It was all in your imagination. It was all in your head." Just look at them and say, "God bless you," because it's possible that in their ignorance they are going to gain knowledge. It appears that there is only one way for them to go, and that's up.

If anyone asks you what the Traveler is doing at any particular moment, you can accurately tell them that he is overcoming every obstacle placed in his way so that he can expand his consciousness and keep going. While washing a car or eating, the Traveler is looking for every opportunity to listen and to increase his awareness. In any situation, he can be the best possible student. If he's going to be a dull student, he can't learn. People teach the Traveler.

The Traveler touches and listens intently to each consciousness. This teaches the Traveler how to stir each one just a little more, how to help each person reach just a little higher than ever before.

You have had the Holy Spirit with you from your first breath on this planet and even before that, but it's like the heart beating, the eyes blinking, and the throat swallowing: you don't pay much attention. It's like the centipede walking down the road, who was asked, "Which leg goes next?" While thinking about it, he fell into a ditch and couldn't walk. You do so many things automatically. This is called "spinal reflex" thinking. If you used even half of that 10 percent of the brain that is supposedly used, the knowledge that

would start opening to you would be fantastic, and if you did it with the Light, it would be unlimited.

What is the Light? It is really **L**iving **I**n **G**od's **H**oly **T**houghts. Think of the largest number you can. When you get to it, remember that you can always multiply it by itself or add one more zero at the end of it. Can you think of the dimension of it? That could alter your mind. You could spend all night thinking of what the largest number is. But the number could be zero; it just keeps going, over and over.

The Light is just that—no beginning, no ending—and you're on it. You can't get off. There's a saying, "Stop the world; I want to get off." Sorry, friend, it's going this year. If you can't cooperate with the inevitable, you're going to be in for some rough sledding. That sun is coming up tomorrow whether you like it or not. Since you know it is, you can start planning for it and cooperating with it. Tomorrow can be one of the best days you've ever had, and everything can come your way.

A beautiful woman told me a story that taught me more of her consciousness than I would have imagined a story could. She had a young son who came to her and asked her to

fix his toy, but she was busy hanging clothes and had many other things to do. So he sat down by her and started crying. While he was carrying on that way, she quietly sat down by him. When he finally realized that she was sitting by him, and when he stopped crying long enough to turn and look at her, he asked her why she was sitting there, looking at him like that. She said, "Well, honey, I was just waiting to see if crying would fix that toy. If it does, there are a lot of things I'm going to cry about." He jumped up and went on about his business of playing because he realized crying wouldn't do it.

What can you do if you wake up some morning and find that your car has been damaged and the tires are flat? What choices do you really have? It's interesting; you don't have too many. You have to get the tires fixed. This can mess you up terribly and make you sick, or you can just get busy and get it done. As long as you sit and look at the situation, however, it will sit and look back at you. When you come right down to it, what is your choice? You do what must be done to balance and correct the situation, and since you are going to take care of it eventually, it might be easier on you if you bypass the crying, the curses,

the threats, and the recriminations and take care of it right away so you can continue with your activities.

When milk gets spilled on the kitchen floor, what happens? Do you let it stay there? There is no need to cry over it. When you come right down to it, what do you have to do? Obviously, you have to clean it up. Yet what do you do when something like this happens that you can't change? You irritate everyone around you in order to let them know your indignation at being challenged in your power.

All the time, that milk is on the floor and needs to be cleaned up some way or another. If you think yelling at your husband or wife will get them to do it, you might be mistaken. He or she may go play golf instead. So you yell at the kids. You may want to try all the possibilities. You may yell at your wife, and she may yell at you even louder. You're responsible for inflicting yourself on her, and she is going to make you aware of your responsibility. If she is really sharp, however, she may teach you something quickly by saying, "I'm sure that it was an accident. I don't think anybody was trying to harm anybody else when this happened. We are on a planet where these things happen."

It may have been your young child who spilled the milk. How often does he knock it on the floor? Often, so you may as well cooperate. You may as well clean it up because it has to be cleaned up. You can explain to the child that these things happen. You'll give that child much more confidence, and he'll start listening to you. Then, when he reaches fourteen or fifteen, you may not have some of the familiar teenage problems.

I know youngsters sometimes have problems with mothers and fathers because, instead of treating a child as God's highest creation, the parents often place the glass of milk above that creation, their child. The glass will probably break anyway at some time, but the parents may tend to worship it so that it becomes all-powerful. When the glass breaks, they react: "Now, you naughty fellow, if you ever do that again, I'll skin you within an inch of your life." Consciously, the youngster probably knows they will not, but his subconscious may not know. If you plant those thoughts in the child's subconscious, you are responsible for them. So you might want to go right back to that child and go over it with him to balance the action.

All kinds of situations fall into the pattern of this example. I don't know of anyone who has gotten off free. The Bible said it in a few well-chosen words: As you sow, so you reap.[1] That is a law, just as sure as your next breath.

There is something about your next breath. That next breath is how close you are to Spirit. That's your source of energy right there in front of you. That's the Spirit, the energy, the Light, all of it, right there. Take that next breath as if you really were—and you really are—breathing in the essence of Spirit. Use that Spirit and that energy to sustain you in your life pattern. Use it to lift into the true self that you know is really you and into the consciousness of your own Soul and the awareness of the supreme God.

I end these discourses with the words "Baruch Bashan," which mean "the blessings already are." This is one of the great truths of the ages, and as I always tell people, you must check it out to find its validity for you.

Baruch Bashan.

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1 Galatians 6:7